

Middle-Brook Regional Health Commission

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Tick-Borne Illnesses

[Lyme disease](#) is an illness caused by bacteria carried by blacklegged ticks, which are found in the Northeast of the United States. Lyme-disease is the most reported tick-borne disease but only one of several [tick-borne diseases](#). Other common tick-borne diagnoses include Babesiosis, Anaplasmosis, Ehrlichiosis, and Spotted Fevers. Although tick exposure can occur year-round, remember that they are most active during April- September. Learn more about which tick species are in your area, [here](#).

To prevent tick bites, here are some measures you can take:

- **Know where to expect ticks**—many people encounter ticks in their own yard or neighborhood. Ticks are found in grassy, brushy, or wooded areas. As we spend more time outside during the warmer months of the year, avoid wooded and brushy areas and walk in center of trails.
- **Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#)** – Repellents such as DEET, picaridin, IR3535, and Oil of Lemon Eucalyptus (OLE) can repel ticks. You can find the product that best suits your needs using the EPA's [search tool](#). Always follow the product label instructions.
- **Treat your Clothes** – Permethrin is an EPA-registered insecticide that kills ticks on contact. Permethrin is safe for people when used according to the product label instructions. Permethrin treated clothes can last through multiple washings.
- **Perform regular tick checks** – After spending time outdoors, thoroughly check your body and clothing for ticks. Pay close attention to areas such as the scalp, behind the ears, under the arms, around the waist, between the legs, and back of the knees. Ticks can be as small as a poppy seed, so carefully inspect all areas.
- **Shower after outdoor activity** – Showering within two hours after being outside can help find and wash away unattached ticks.
- **Protect your pets** — Ticks can easily latch onto pets and bring them into your home. Use tick preventatives recommended by your veterinarian, and regularly check your pets for ticks.
- **Know the symptoms** – if you get a tick bite and develop symptoms within a few weeks, visit your healthcare provider. The most common symptoms of tick-related illness include fever/chills, aches and pains, and rashes.

Prevention is key to avoid tick-borne illness. By following these precautions, you can significantly reduce the risk of tick bites and the potential transmission of tick-borne diseases. If you do have a tick bite, [follow these instructions](#) to safely remove and get rid of a live tick.

For more information on ticks, visit: <https://www.cdc.gov/ticks/index.html> and <https://www.nj.gov/health/cd/topics/tickborne.shtml>

Source: NJDOH, CDC

